

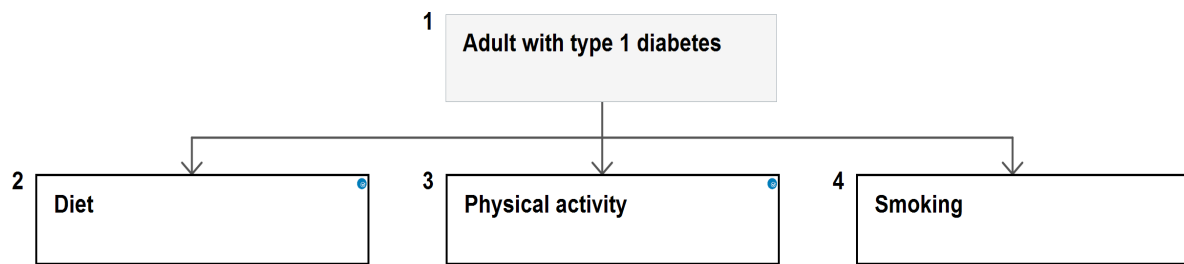
Diet and lifestyle advice for adults with type 1 diabetes

A NICE pathway brings together all NICE guidance, quality standards and materials to support implementation on a specific topic area. The pathways are interactive and designed to be used online. This pdf version gives you a single pathway diagram and uses numbering to link the boxes in the diagram to the associated recommendations.

To view the online version of this pathway visit:

<http://pathways.nice.org.uk/pathways/diabetes>

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1 Adult with type 1 diabetes

No additional information

2 Diet

Dietary management

Offer nutritional information from diagnosis onwards.

Provide information that:

- is sensitive to personal needs and culture
- is offered individually and as part of a diabetes education programme
- includes advice from professionals with specific and approved training
- takes account of associated features of diabetes (excess weight and obesity, underweight, eating disorders, raised blood pressure, renal failure).

Offer education programmes that enable people to make:

- optimal choices about the foods they wish to consume
- insulin dose changes when taking different quantities of those foods.

Be aware of contemporary and appropriate nutritional advice on the many common topics of concern and interest to people living with type 1 diabetes, and be prepared to seek advice from colleagues with specialist knowledge.

Assess education needs annually, agree when further help is needed and provide that at the agreed intervals.

Dietary education

Discussion topics should include:

- hyperglycaemic effects of different foods in the context of the insulin preparations chosen to match the person's food choices.
- effects of consuming different food types and the insulin preparations available to match them
- choice of content, timing and amount of snacks taken between meals and at bedtime – modify on the basis of self-monitoring tests

- healthy eating to reduce arterial risk (low glycaemic index foods, fruit and vegetables, types and amount of fat)
- if the person wants it, information on:
 - effects of different alcohol-containing drinks on blood glucose excursions and calorie intake
 - use of high-calorie and high-sugar 'treats'
 - use of foods with a high glycaemic index.

Quality standards

The following quality statement is relevant to this part of the pathway.

2. Nutrition and physical activity advice

3 Physical activity

Advise that physical activity can reduce enhanced arterial risk in the medium and longer term.

Give information (if the person chooses to increase physical activity) on:

- appropriate intensity and frequency of physical activity
- self-monitoring of changed insulin and/or nutritional needs
- effect of exercise on blood glucose levels when insulin levels are adequate (risk of hypoglycaemia) or when hypoinsulinaemic (risk of exacerbation of hyperglycaemia)
- appropriate adjustments of insulin dosage and/or nutritional intake for exercise and for 24 hours afterwards
- interactions of exercise and alcohol
- where to find more information.

For more information on physical activity, see the NICE pathway on [physical activity](#).

Quality standards

The following quality statement is relevant to this part of the pathway.

2. Nutrition and physical activity advice

4 Smoking

Advise young adult non-smokers never to start smoking.

Advise people who smoke on smoking cessation and use of smoking cessation services (where appropriate). For more information on helping people to stop smoking, see the NICE pathway on [smoking](#).

Reinforce messages at least annually in continuing smokers (and at every clinical contact if the person might consider stopping smoking).

Sources

Type 1 diabetes. NICE clinical guideline 15 (2004)

Your responsibility

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